

From The 1950's-Through 2002 Fighting Obesity



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Monday

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PRESIDENT'S DAY

Dear Reader,

I hadn't really thought too much about my 100-pound weight loss over three years ago because it seemed so simple, or natural to me.

This really started by watching a show on Larry King Live. The content was on alcoholism. As a result of that show, I began to curtail my cocktailing from a daily routine to 1 day a week, and then none at all. Within a month my pants felt much looser. I liked the feeling. I then asked my wife Ellie if I were to cut back on my food a bit did she think I could lose weight. The look in her eyes was my answer.



I didn't alter our menu at all. What we began to do was to eat a bit smarter. I always had a vegetable at dinner, skim milk with my cereal, and a tossed salad for lunch with oil and vinegar. At affairs I would sample a bit of all the different foods, but I would not go at my usual pace and fill up on snacks before the main dish. I had cake, ice cream, different foods and even some cookies and pastries. The big difference was that I would not eat the whole piece of cake, a lot of cookies or the entire dessert. I was able to stop after a normal taste.

After about six months of this I had gone from a 44-inch waist to a

comfortable 38. Everyone I encountered in my video store was telling me how great I looked and that I should stop losing weight. Knowing my nature, I agreed with them and simply continued eating the same way. After about ten months, I no longer had any clothes that would fit me at all. This is when I began to notice the change myself, but I still couldn't believe it because I didn't really diet. The entire situation was so effortless I truly couldn't understand the results I was experiencing. Now my customers were asking me if

THOUGHT FOR TODAY:

All good work is done the way ants do things, little by little.

— Lafcadio Hearn

I had gotten sick. I began to become grossly irritated at this. People would not accept the fact that I made a lifestyle change to lose weight by my own choice and didn't get ill to lose weight.

I didn't try to lose 100 pounds, but I kept losing weight until I didn't have to lose any more. I went from an XL to a small in my shirt size, and my waist is now between 32 and 33 inches. I was no longer lazy. Now my customers were beginning to grill me on what I did to lose weight. What diet did I follow, what special foods did I eat, did I seek outside help, were questions I was continually asked. The funny thing is that I couldn't answer any of them. I really didn't feel that I did much of anything different than I did before except to change some of my habits. This was not an acceptable answer to anyone.

People were seeking the one trick, or secret to losing weight that was missed by them and wanted my insight to give them a direction. This occurred so many times that I became tired of trying to come up with an answer. Every time I told what I did, people would say that they tried the same thing and weren't successful. I thought to myself that they just didn't try hard enough.

(continued on next page)

DIET TIP: *Go to work with the energy that you need. Eat a breakfast full of nourishment. Cereal topped with fruit and milk is delicious and nutritious.*

THOUGHT FOR TODAY:

Whenever my attention wanders away from that which is good and constructive, I immediately bring it back to that which is good.

I then began to realize that what I had accomplished was something special. Because I couldn't come up with a 3-minute answer to what my secret was made me believe that I didn't know what I was talking about. Then all I began to see around me were magazine articles, television shows and newspaper reports on the obesity epidemic we face in this country today. I decided to write a book about it and came up with some interesting conclusions.



There is no 3-minute answer, or quick simple solution. What I did was a lot of little things, over time and slowly changed my lifestyle from living fat to living thin. I went from 240 pounds to 140, and it was effortless because of my attitude. I came to the conclusion that the secret to successful weight loss is all in your head. We can all do it without gimmicks or any specific plan. I am living proof.

— *Bob of Scotia, N.Y.*

Tuesday

February 20, 2001

Bob's typical 1-day menu

◆ Breakfast

1 cup of Total brand cereal, a small banana and skim milk

◆ Lunch

A tossed salad, cucumber, small tomato, about a 1/2 inch chunk of hot pepper cheese and a hot cherry pepper. I often will eat an apple before lunch.

◆ Dinner.

1/2 to 1/3 of a chicken breast or center cut pork chop, any green vegetable, and either some Near East brand rice, or Stove Top

Stuffing.

◆ Snacks

A few cookies, a piece of chocolate or popcorn.

◆ Remember

I am maintaining my weight. I did not usually snack while in the weight loss mode.



Exercise

Every other day I do a half-hour exercise routine, 50 curls with 7-pound weights, 50 shoulder-stretches, 100 side-bends to each side, 50 pull-ups with the weights (straight down up to shoulders), 50 tricep lifts, with 2-pound weights, I hold them at my side and stretch out my arms over my head 50 times, and then from my sides,

straight up and stretch out 50 times. To finish, I do 55 sit-ups on a slant bench, 50 leg raises, and 100 each leg — lifting them up and down, 65 push ups and 40 toe-touches. I started with 3 to 5 of everything in January of this year and steadily worked it up from there.

FITNESS TIP: *Try doing something new in your exercise program. Variety helps to keep you fresh.*

THOUGHT FOR TODAY:

I have held many things in my hands, and lost them all: but whatever I have placed in God's hands, those I still possess.

— Martin Luther King

Wednesday

May 30, 2001

Results **NOT** Typical

Since I began writing about the subject of losing weight and keeping it off, whenever I see all the weight loss ads in magazines and on television, I always chuckle to myself when the disclaimer, "Results Not Typical" seems to always be somewhere in the advertisement.

I suppose it has to be there to prevent the companies from being sued. Consumers are led to believe that the effortless approach to permanent weight loss has been found and by buying some product they will be happy, thin, and not have to change their lifestyle. I'd love to find that product myself. The other thing that also brings a smile to my face is when I read, "Consult your physician before embarking on any weight loss program."

I have to think back when I was 100-pounds heavier. Did I consult my physician before I decided to overindulge and put myself at risk for more health problems than I care to mention? Can you imagine an overweight or obese person going to see their doctor asking if it would be all right to eat a bit smarter and try to lose some weight? If this sounds a bit ridiculous, it should. Personally, I would love to see those misleading commercials and magazine ads banned. However, there's too much money to be made preying on the obese, and it goes on and on.

One of the after-effects of a major weight loss such as mine is the amazing amount of energy that seems to never go away. Since I began doing things that I would never attempt when I was heavy — more from being lazy than physically challenged — I eventually painted every single room in the house. This type of exercise along with keeping a strict eye on my eating habits allowed me to maintain my weight loss just fine. When my decorating phase finally ended, I began doing calisthenics at home.

Eventually, I built up to a solid half-hour work out which I have been doing religiously, every other day, for the past year and a half. Actually I felt pretty good about my routine and believed in my heart and soul that I was keeping myself healthy and remaining thin. I was still smoking and knew that I would eventually quit, but was waiting for the right time.

On February 26, 2001 the right time came in a way that I still find hard to believe. I had completed my exercise routine, ate breakfast and was preparing to shower when all of a sudden I got very light headed and thought I was going to faint. Fortunately, I had enough sense to lie down on the bed to see if this feeling would pass before I continued. After a very short time I woke up, soaked with sweat and

realized that I passed out. After making a slew of phone calls to find someone to open my Video Store, my wife Ellie took me to the emergency room where I eventually found out that I had suffered a heart attack.

Talk about results not typical. I refused to believe it had happened to me. After all, I had lost 100-pounds three years ago, been eating in a very healthy fashion, and was exercising on a regular basis. It just didn't seem possible that this was a recipe for a heart attack. I was very angry, and in denial. The doctor said to me had I not been doing all the positive things in my life prior to this heart attack, I might not have survived it. Just think, he added, the only change you really have to make is giving up smoking. You've already done the rest.

My point here is to let you know that in spite of the fact of having a heart attack, the feeling that I went through this lifestyle change from fat to thin all for nothing also entered my mind. It compounded my denial. I now realize that I was totally wrong in my feelings. Losing weight because you want to is much easier than losing weight because you have to. The life you save will be your own.

— by **Bob Belive**

FITNESS TIP: *To lose one pound of fat, you need to burn 3,500 calories.*

Wednesday

October 3, 2001

THOUGHT FOR TODAY:

I was always looking outside myself for strength and confidence but it comes from within. It is there all the time.

— Anna Freud

Taking That First Step...

In my many conversations with overweight and obese people, I seem to always run into the same roadblocks when the subject centers on actually doing something about their weight instead of talking about it. It seems to me that the common belief amongst most people is they're waiting for just the right moment before they embark on a weight loss journey. In other words, excuse, after excuse, after excuse, as to why they aren't ready.

After careful self-examination trying to understand what took me so long to begin losing weight, I came to what appears to be a very simple conclusion. The fear of change is so much greater than the desire to be thin that most people are defeated in their effort before they even begin. I've got news for you. There is no such thing as "THE RIGHT TIME."

Unfortunately it usually takes some kind of emotional trauma like getting hurt feelings or a medical scare to get people going in the right direction. Although I am of the school of believing whatever it takes to get started is good enough reason, it doesn't have to be that way.

The roadblock between knowing what you have to do and actually doing it is purely mental. By and large the majority of overweight people are that way from eating too much, too often. It's very easy to let this happen to any of us. Breaking the habit of overeating has to begin mentally before it can occur physically.

Making up your mind that you are going to do something about being overweight or obese, and converting that frame-of-mind into action takes us to the heart of the entire matter. Once an individual has made up their mind to change, the

direction and know-how in achieving their weight loss goal seem to fall into place automatically. What I'm getting at is once you make up your mind, all the things you have to do come into focus so clearly that it truly becomes simple. Actually I believe that this concept is so simple and obvious, that it becomes incomprehensible. How can such a monumental task of losing up to and beyond 100-pounds be so simple?

When I found myself being questioned about my 100-pound weight loss, I was often stuck for words because I didn't feel that there was any work involved at all on my part. I had to go over this again and again in my own mind to understand the great curiosity on people's minds, and the only conclusion I could arrive at was that I was mentally ready to do it. By having that as my first step towards my 100-pound weight loss, all the things I had to either change or begin doing differently felt completely natural. There was no work involved on my part whatsoever because I was ready mentally. I found this very hard to convey to people asking me about my weight loss because it was too simple to comprehend and therefore ignored.

Assure you that nothing is going to happen to you if you decide that you don't want to be overweight. If you're afraid that you will lose your personality and become some kind of person that isn't the real you, that's just another excuse not to lose weight. If you think that you can convince yourself that you're happy or content being overweight, stop kidding yourself. Keep in mind that if you have been overweight for the majority of your life and you finally become thin, you may not know who the real you is until you reach that weight loss goal. After all, once you change your lifestyle from living fat to living thin, you may discover your true potential and there are no limits to where your new life can lead you, just by taking that "FIRST STEP."

— by Bob Belive, author and motivator

DIET TIP: *Adding a bit of spice to your meals may help you eat less (and drink more water), so add a hot chile to your next meal.*

Ready For Publication

ARTICLES

PERMANENT WEIGHT LOSS

‘There Are No Shortcuts’

1016-words

LIFE AFTER OBESITY

“Learning To Be Thin”

810-words

SCALES OF INJUSTICE

“Every Scale Reads Differently”

887-words

OBESITY EPIDEMIC OR CASH COW

“Money Machine Or Health Problem”

1368-words

GROWING UP FAT

“An Insiders Point Of View”

829-words

ARE PEOPLE REALLY THAT STUPID?

“Deceptive Weight Loss Advertising”

677-words

WARNING SIGNS

“Would We Recognize Our Own?”

2170-words

ESSAY

LIVING WITH OBESITY

“What Lies Beneath”

3507-words

My Body's No Longer

Unlock The Secrets Of Conquering
Obesity and Discover Your True Potential

Rated X



by
Bob Belive

My Body's No Longer Rated X

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